

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	400 Drills 200 Kick	600	400 Drills 200 Kick	600	400 Drills 200 Kick	600
Sprint	12 x 25 Fly on 0:50 [breath every 3rd]	300	12 x 25 Fly on 0:50 [12.5 all out + 12.5 easy]	300	12 x 25 Fly on 0:50 [12.5 all out + 12.5 easy]	300
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	6 x 200 Free on 2:50 Make pace time only	1800	6 x 200 Free on 3:00 Make pace time only	1800	6 x 150 Free on 2:50 Make pace time only	1350
	100 Easy	100	100 Easy	100	100 Easy	100
Pull	2 x [12 x 50 Free Pull on 1:15] in groups of 3 1. Hypoxic 2. Catch up 3. Pull	1200	2 x [10 x 50 Free Pull on 1:25] in groups of 3 1. Hypoxic 2. Catch up 3. Pull	1000	2 x [8 x 50 Free Pull on 1:30] in groups of 3 1. Hypoxic 2. Catch up 3. Pull	800
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Kick	400 Kick Free or Back	400	400 Kick Free or Back	400	400 Kick Free or Back	400
	100 Easy	100	100 Easy	100	100 Easy	100
Total		4800		4600		3950
Total Check :		4800	% of Total workout :			
	Primary		EN3/SP1		WEEK :	32
	Secondary		SP2/SP3		DAY :	1
	Maintnance		EN1/EN2			